



### Product Spotlight: Gluten Free Lab

We love the arancini made from Perth based company The Gluten Free Lab! Covered in a crunchy crumb coating with delicious fillings – so tasty you won't want to share!



## Bolognese Arancini

### with Roast Veggies and Dipping Pesto

Bolognese arancini from Perth locals, The Gluten Free Lab, served with roasted Mediterranean vegetables and basil pesto dipping sauce.



30 minutes



4 servings



Beef

10 February 2023

## Spice it up!

*Add some parmesan cheese to the pesto for a traditional pesto!*

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	10g	13g	37g

## FROM YOUR BOX

ZUCCHINI	1
YELLOW CAPSICUM	1
SWEET POTATOES	800g
RED ONION	1
CHERRY TOMATOES	2 x 200g
LEMON	1
BOLOGNESE ARANCINI	8-pack
BASIL	1 packet (20g)
ALMONDS	1 packet (40g)

## FROM YOUR PANTRY

olive oil, salt, pepper, dried oregano

## KEY UTENSILS

2 oven trays, stick mixer (or small blender)

## NOTES

Most of our veggies come pre-washed, but it's always good to give them an extra rinse.



### 1. PREPARE THE VEGETABLES

Set oven to 220°C.

Dice zucchini, capsicum and sweet potatoes. Wedge onion. Halve tomatoes. Toss all together on a lined oven tray.



### 2. ROAST THE VEGETABLES

Stir through lemon zest, juice from 1/2 lemon, **1 tsp oregano** and **1 tbsp olive oil**. Season with **salt and pepper**. Roast in oven for 20-25 minutes until vegetables are tender.



### 3. BAKE THE ARANCINI

Place arancini on a lined oven tray. Bake in oven for 10-15 minutes until heated through.



### 4. MAKE THE PESTO

Meanwhile, pick and roughly chop basil leaves. Use a stick mixer to blend with almonds, juice from remaining 1/2 lemon and **1 tbsp olive oil** until it reaches a chunky pesto consistency. Loosen with **1/2 cup water** and season with **salt and pepper**.



### 5. FINISH AND SERVE

Divide vegetables and arancini among plates. Serve with pesto dipping sauce.

**How did the cooking go?** We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

